

Suicide prevention coffee sleeve campaign kicks off in Oneida, Vilas and Forest counties

By Heather Schaefer
OF THE RIVER NEWS

The Northwoods COPE Coalition is working with local coffee shops in Oneida, Vilas and Forest counties to connect people who may have thoughts of suicide, or know someone who has thoughts of suicide, with resources to get help.

The initiative comes following recent suicides in the Rhinelander area and coincides with National Suicide Prevention Month in September and National Suicide Prevention Week Sept. 5-11.

Michelle Gobert, Positive Youth Development Educator for UW-Madison Division of Extension Forest County, worked with a group of students from Crandon High School to develop messages of hope to be displayed on coffee sleeves that will be distributed by most local coffee shops in the tri-county area.

The sleeves will also include information about the HOPE LINE.

Individuals can text 741741 to connect to the HOPE LINE and communicate with a free, trained crisis counselor, according to a COPE press release.

"During the month of May, students in both the Laona and Crandon School Districts participated in Youth Mental Health Awareness activities," Gobert said in a press release announcing the coffee sleeve campaign. "Crandon High School students focused on creating positive messaging and developed statements which we are now using for our coffee sleeve promotion."

These statements of hope include:

- Believe in Yourself.;
- You are important. You belong.;
- You matter. No matter what.;
- You are strong. Trust yourself.;

and
• Treat yourself with gentle kindness.

Participating coffee shops include Jameson's Whiskey Darlin and Tricia's Treasures in Forest County, A'la Mode Ice Cream and Coffee shop, Bath & Body Creations, The Briar House, Cafe Sonder, Crimson Cup, Deja Brew Coffee & More, Northern Grounds, The Reve, Tilly's, and Tricia's Treasures in Oneida County, and The Daily Grind, Eagle Roasters, Jaime's Java, Little Creek Coffee, Milky Way, and Red Canoe in Vilas County.

Suicide is connected with tremendous grief and loss that affects individuals, families, and communities, the release notes. Suicide is also a complex issue that involves many factors that can increase suicide. Here are some statistics according to the Wisconsin Suicide Prevention Plan 2020 and the National Vital Statistics Reports Volume 69, September 11, 2020:

- Nationally, the suicide rate among persons aged 10-24 was statistically stable from 2000 to 2007 and then increased 57.4%, from 6.8 per 100,000 in 2007 to 10.7 in 2018.
- The suicide rate among Wisconsin residents increased by 40%, 2000-2017.
- The majority of suicide deaths were male, 2013-2017.
- The suicide rate was highest among individuals ages 45-54, 2013-2017.
- The suicide rate (per 100,000) for Wisconsin residents ages 45-54 has more than doubled from 2000 to 2017.
- Suicide rates were highest among American Indians/ Alaska Natives and Whites, 2013-2017.
- Suicide rates were higher in rural counties than urban/ suburban counties, 2013-2017.

- Firearm was the most commonly used method of suicide, 2013-2017.
- Nearly 1 in 4 individuals who died by suicide had a previous suicide attempt, 2013-2017.
- Veterans accounted for almost 1 in every 5 suicide deaths, 2013-2017.
- 271 adolescents (ages 10-19) died by suicide from 2013-2017.
- Suicide was the second leading cause of death among 10 to 19-year-olds, 2013-2017.
- Suicidal ideation was reported by approximately 1 in 6 Wisconsin public high school students, 2017 Youth Risk Behavior Survey.
- Adolescents who died by suicide were more likely to disclose suicide intent to a friend or peer when compared with adults, 2013-2017.
- Females ages 15-17 had the highest rates of emergency department visits and hospitalization stays with self-harm injuries, 2016-2017.
- LGBT youth are 3 times more likely than their heterosexual peers to have considered suicide, 2017 YRBS.

"It is important to be aware of the differences between risk factors and warning signs to help someone who may be thinking about suicide or has a plan in place," the release continues. "According to the Question, Persuade, and Refer (QPR) institute out of Seattle, Washington, warning signs are things such as having a previous attempt of suicide, getting a gun or stockpiling pills, putting personal affairs in order, drug or alcohol abuse or relapse after a period of recovery, and /or unexplained anger, aggression, and irritability. Risk Factors include, residing in a rural area, previous attempt of suicide, adolescent 15-24, or having a family history of suicide. The more risk factors and warning signs a person shows, the closer they are to a possible attempt or completion of suicide."

Tips on starting a conversation per the QPR Institute include:

- If you suspect the person is thinking of suicide, ask the person directly, "Are you suicidal?"
- Stay calm — just because someone is having thoughts of suicide, it does not mean they are in immediate danger. Take the time to listen and provide support.
- Reassure them that help is available, and that these feelings are a signal that it's time to talk to a professional.

Below are other resources that can be used to help someone:

- If you or someone you know is in an emergency, call 911 immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call: Tri-County Crisis Number (Forest, Oneida, Vilas): 1-888-299-1188
- National Crisis Line: 1-800-273-TALK (8255).
- Text HOPELINE: 741741
- Veteran's Crisis Line: 1-800-273-8255 (Press 1)

"If you are not comfortable in asking the question or getting the person the help they may need, then help them connect to someone they trust. This may be a pastor or priest, their healthcare provider, a mental health provider, or a close family member or friend," added Heidi Pritzl, a licensed clinical social worker with Koller Behavioral Health. "Offer to help them connect in whatever way you're comfortable with. Sometimes making that first moment of contact can be difficult, especially if it's to get professional help."

The Northwoods COPE Coalition (Northwoods Community, Outreach, Prevention, and Education Coalition) addresses mental health and substance use concerns in Forest, Oneida, and Forest counties. The group is made up of community partners that include school districts, healthcare, private mental health providers, veteran's services, local health departments, and UW-Extension, the release states.



LABOR DAY WEEKEND OPEN DAILY BASS ANGLERS – Great Selection of Wacky, Nedworms and Googan Baits!!

KURT'S ISLAND SPORTSHOP
MINOCQUA, WI
715-356-4797
Hwy. 51 N., Minocqua



Musky Suckers!

Diawa 2B Musky Rods

MUSKY REELS BY Diawa Shimano Garcia

Shimano Diawa Garcia

Minnow Mike says: "For the best tasting bait in the Northwoods head to Kurt's Island Sport Shop."

Freshest Live Bait in Town!

GREAT SELECTION OF BAIT & TACKLE FROM PANFISH TO MUSKIES

MINOCQUA PIG ROAST



Fund Raiser at
TORPY PARK - MINOCQUA
Saturday, Sept. 4th
11:00am - 2:00pm

Pork Sandwich, Corn-on-the-Cob, Chips, Soda & Beer Available

Lake Fair Participants:

Susan Knight - Trout Lake Station, UW-Madison Center for Limnology

Aubrey Nycz - Oneida Co. AIS

Sue Riebe, Jim Tingey - Loon Watch

Chris Bartelt - DNR Conservation Warden

- Musical Entertainment by Gregg Thomas**
- Paddle Board Raffle** (donated by MKLPA and Chequamegon Adventure Co.)
- Silent Auction**
- PUBLIC WELCOME!**



Minocqua/Kawaguesaga Lakes Protection Association, Inc.
Check out our website at www.MinocquaKawaga.org or on our Facebook Page